BULLETIN NO. 4

# Susan Lee Whyte

## HOME COOKERY SERVICE

# olympic RICE specials

presented by The Rice Marketing Board

# modern home cookery service

**conducted by Susan Lee Whyte**

director of home economics centre

**RICE—the standard diet of half the world's population and one of the most abundant sources of food energy—formed one of the important basic foods provided to the Olympic Athletes of 1956! And how perfectly it blends with meats, vegetables, fruits and dairy products (forming the perfect, balanced diet) you will soon discover when YOU try these exciting special Olympic Rice Dishes—each one checked and tested in the Susan Lee Whyte Test Kitchens for easy home cooking!**

## BASIC RECIPE FOR PERFECT BOILED RICE

**After testing all methods, this is the Australian Boiled Rice method chosen by Susan Lee Whyte Home Cookery Service. It is easy, quick and never fails when you use selected quality Australian Rice.**

*1 cup RICE, 8 cups water, 1 flat dessertspoon salt. Makes 3 cups cooked rice. (You need this large quantity of salt with such a large quantity of water, but do not boil longer than 15 minutes or rice will become too salty.)*

**Method:** Bring salted water to boil, sprinkle in RICE. Keep boiling rapidly 15 MINUTES ONLY with the lid off the saucepan. Then tip all the remaining water with the cooked grains immediately direct into colander or sieve over the sink. DO NOT RINSE or stir rice. Simply shake colander and allow the rice to dry naturally into large, white, fluffy grains.

Hint: Use largest saucepan (2 quart size best) so that large quantity of water used allows free, quick boiling of grains. Also if saucepan is a little small for the necessary quantity of water—rub inside rim with butter and this prevents boiling over.

## CONTINENTAL PAN CASSEROLE

**Illustrated Top Left on Cover:**
**Different, delicious Beef Stew with special Cheese Rice Topping!**

*3 level tablespoons fat; 1 lb. stewing steak cut in 1 inch squares; 1 cup water; 2 cups peeled canned tomatoes; 1 level dessertspoon sugar; 1 cup onion slices; 1 cup carrot slices; 2 bay leaves; 2 level teaspoons salt; little pepper; 1 teaspoon Worcestershire sauce; flour.*

***For Rice Cheese Topping:*** *3 cups boiled Rice; 1 egg; 1 cup grated sharp cheese; little pepper; $\frac{1}{2}$ teaspoon dry mustard.*

Melt fat in pan. Thoroughly cover beef pieces with flour and brown them in hot fat. Blend 1 tablespoon flour into the fat, then stir in the water. Add tomatoes, onion, carrot, bay leaves, salt, pepper, sugar and sauce. Mix well. Cover and cook on low heat 1 hour or until meat tender (approx. 20 mins.). While stew is cooking, boil 1 cup Rice to make the 3 cups salted Rice. Drain Rice and when still warm return to saucepan and stir in beaten egg, grated cheese, mustard, pepper and extra salt if desired. Just before serving, pour the cooked beef casserole into greased shallow oven dish. Arrange the hot Rice cheese mixture over stew leaving the centre uncovered. Place dish under low griller 5 to 10 minutes until the Rice mixture is lightly browned. Serve immediately. Makes 6 to 8 servings.

## GERMAN SAVOURY RICE

**Illustrated Left Centre on Cover:**

*4 cups boiled rice; $\frac{1}{2}$ to 1 cup chopped bacon; $\frac{3}{4}$ cup sugar; $\frac{3}{4}$ cup apple cider vinegar or white vinegar; sprinkle black pepper; 2 level tablespoons plain flour; 3 tablespoons water; $\frac{1}{4}$ cup diced celery; $\frac{3}{4}$ cup finely chopped raw onion; $\frac{1}{2}$ cup chopped green or red capsicum; 2 hard-boiled eggs, coarsely chopped (keep several slices to use for garnish). Serves 8 as savoury or vegetable.*

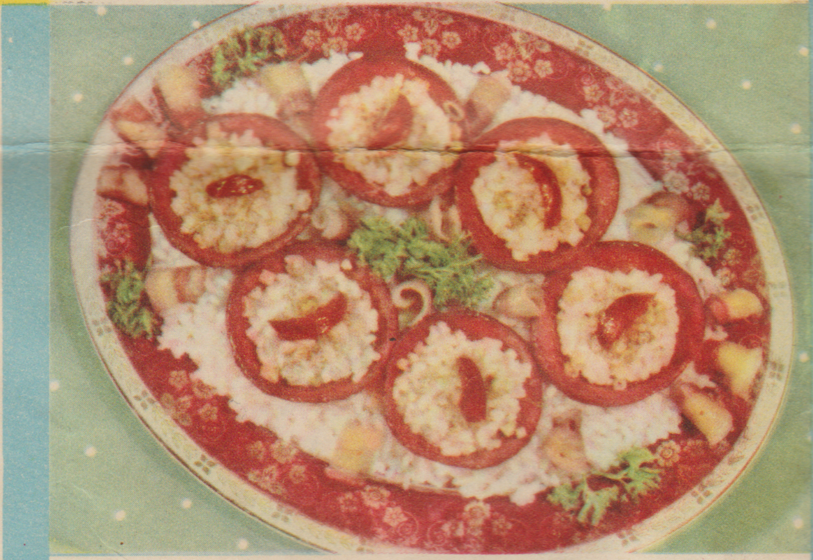
Boil $1\frac{1}{4}$ cups Rice to make the 4 cups of drained salted boiled Rice. While Rice cooks fry bacon pieces until crisp. Remove the bacon leaving $^1/_3$ cup bacon fat in pan (if not sufficient fat add lard to make up quantity). Into the fat stir the sugar, vinegar and pepper. Cook slowly until sugar dissolves. Then slowly stir in the water and flour, make into smooth paste. Simmer low until mixture thickens. Stir in chopped onion, capsicums and celery. Taste and add little more sugar if desired. Gently stir in the hot drained boiled Rice and crumbled cooked bacon pieces, and chopped boiled eggs. Garnish with egg slices.

## RICE AND GREEN BEAN SAVOURY

**Illustrated Top Centre on Cover: A South American Olympic Special topped with Bubbly Cheese—serve as vegetable or lunch savoury!**

*2 cups boiled Rice; 2 cups cooked green beans; 1 level dessertspoon red paprika powder; $\frac{1}{2}$ cup finely diced onion; $\frac{1}{2}$ cup grated carrot; 1 cup grated cheese; 1 level dessertspoon butter; pepper, salt to taste.*

Boil $\frac{3}{4}$ cup Rice the Susan Lee Whyte method to make the 2 cups drained salted boiled Rice. Melt the butter in saucepan and add the diced onion and grated carrot and stir over low heat until onion glazed. Add the drained cooked Rice, paprika powder and cooked green beans and stir few minutes until all thoroughly heated. Place in individual ramekins or fireproof dish; top with the grated cheese. Place dish under griller for few minutes to lightly brown and melt the cheese topping. Serves 8 as savoury or vegetable. If desired, cooked fish or cooked meat pieces may be added to this dish.



## HOT DEVON RICE CUPS

**Quick, easily prepared luncheon of main meal rice dish using devon, luncheon or garlic sausage slices . . . ideal for a buffet supper.**

*6 slices of cut sausage ($\frac{1}{8}$ inch thick); 2 cups hot boiled rice; $\frac{1}{4}$ teaspoon Tabasco or Worcestershire sauce; $^1/_3$ cup finely diced sharp cheese; $\frac{1}{2}$ cup concentrated cream of celery soup; $^1/_3$ cup warm water. Strips of capsicum, chopped parsley or red paprika powder for garnish.*

Boil $\frac{3}{4}$ cup Rice the easy Susan Lee Whyte method to make the required 2 cups drained salted Rice. Prepare the sausage slices, removing the skin edges. Place sausage slices in shallow griller dish. Slices may touch but must not overlap. Now mix together the drained boiled Rice, sauce, cheese, celery soup and water. Place $^1/_3$ cup of this mixture in the centre of each sausage slice. Place under the griller for about 5 to 8 mins., keeping heat low until the sausage slices curl around the filling. Serve with crisp bacon curls. Serves 6.

**Note:** Paprika powder, used in the above recipe and by so many famous Continental chefs, is inexpensive and easily obtainable in small tins from most grocers and delicatessens. It is red in colour, but not hot, and gives meat and rice savouries a special appetite appeal.

## HUNGARIAN STUFFED CAPSICUMS

Illustrated Lower Left on Cover:

***Quantity for 6 small capsicums:*** *3 cups boiled Rice; 1 cup diced cooked chicken or veal; $\frac{3}{4}$ cup diced red capsicum; $\frac{1}{2}$ cup canned sweet corn; little pepper; 2 tablespoons tomato sauce; 1 dessertspoon Worcestershire or Soy sauce; 2 tblspns. mayonnaise; 6 small capsicums.*

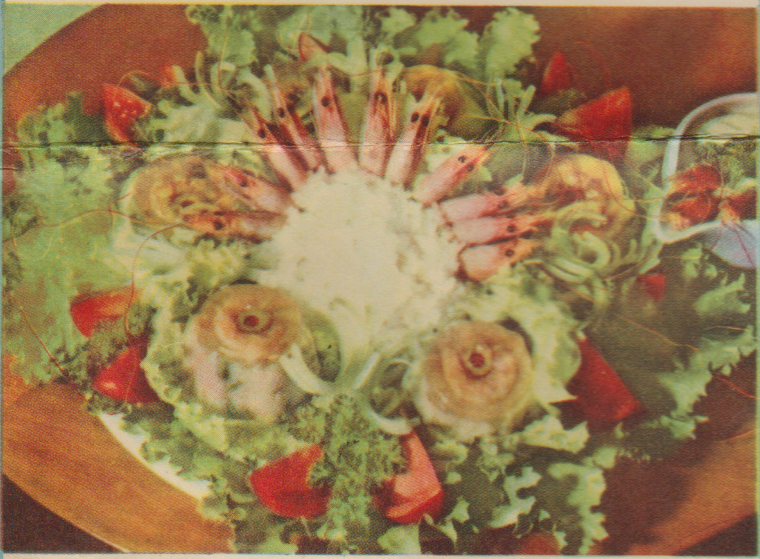
Boil 1 cup Rice to make the 3 cups of drained salted Rice. To the drained boiled Rice add chicken or veal pieces, chopped red capsicum, corn, pepper, sauces and mayonnaise. Mix well. Cut off tops of capsicums and a little off bottoms to make the shells sit flat. Scoop out seed and membranes. Stuff firmly with prepared mixture. Place stuffed capsicums in large deep saucepan with enough water to come part way up the sides of capsicums. Salt the water. Cover with lid, simmer gently 10 to 12 minutes until capsicums tender but not broken. Serve hot. If desired, may be cooked in moderate oven.

## SAVOURY FISH IN TOMATOES

Illustrated with Hungarian Capsicum recipe on Cover:

*$2\frac{1}{4}$ cups boiled Rice; 2 tablespoons finely chopped onion; $\frac{1}{2}$ cup grated cheese; little pepper; few drops Tabasco sauce or Worcestershire sauce; 6 medium size tomatoes; 1 tin (6 oz. size) Tuna or Salmon; 2 level tablespoons butter or margarine.*

Boil $\frac{3}{4}$ cup Rice to make the $2\frac{1}{4}$ cups drained salted boiled Rice. Wash tomatoes and cut off tops $\frac{3}{4}$ inch from top. Scoop out pulp into bowl. Cook chopped onion in margarine until tender (approx. 10 mins.). Add the cooked onions, grated cheese, boiled rice, sauce and pepper, canned fish with fish juice to the tomato pulp. Mix thoroughly. Fill tomato cases with the mixture and bake in medium hot oven 15 to 20 mins. until tomatoes tender but not broken. Serve garnished with parsley.



## FRENCH PRAWN OR CHICKEN MOULDS

*1 cup boiled Rice; 2 cups chopped prawns or chicken pieces; 1 cup diced cooked celery; $\frac{1}{2}$ cup tinned peas; $\frac{1}{2}$ cup cooked diced carrots; 2 level tablespoons sugar; 1 level teaspoon salt; 1 level teaspoon mustard; $\frac{3}{4}$ cup milk; $\frac{1}{4}$ cup vinegar; 2 level tablespoons butter; 2 level tablespoons gelatine; 2 tablespoons cold water; 2 egg yolks.*

Add sugar, salt, mustard and boiled Rice to the milk. Add egg yolks and butter, place in saucepan and stir over low heat until mixture boils. Allow to cool and add vinegar. Soften gelatine in cold water and dissolve over boiling water. Add to mixture. Fold in prawn or chicken pieces, cooked celery, carrots and peas. Fill small, individual moulds with mixture. Chill until set. Unmould and serve with salad greens and mayonnaise. Makes 6 small moulds. Decorate salad platter for serving using the prawn heads as decoration as illustrated.

**Note:** When boiling rice for any particular dish, it is good economy to plan ahead by boiling, at the same time, an extra $\frac{1}{2}$ cup of raw rice—so that you always have available at least 1 cup of boiled rice ready in the refrigerator for quick, hot rice savouries or chilled rice salad moulds.

## CURRIED PRAWNS A LA CEYLON

Illustrated Top Right on Cover:

*3 cups boiled Rice; 1 oz. butter or margarine; 1 cup chopped onion; $\frac{1}{2}$ cup chopped green capsicum; $\frac{1}{2}$ cup chopped celery; 1 to 2 level tablespoons plain flour; 2 level dessertspoons curry powder; 3 level teaspoons soy sauce; 1 cup water; 1 lb. fresh tomatoes or 16 oz. tin canned tomatoes; 1 lb. prawns or Tasmanian Scallops. (Serves 6 to 8.)*

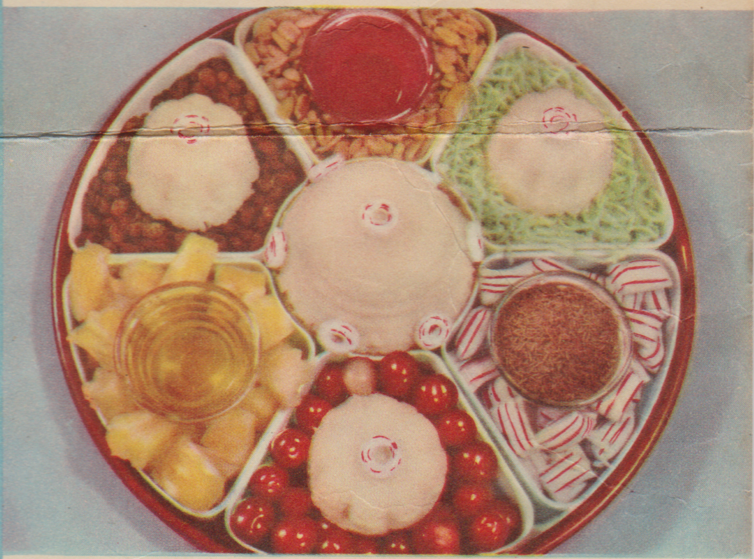
Boil 1 cup Rice to make the 3 cups drained, salted boiled Rice. **For Curry Sauce:** Melt butter in saucepan. Add chopped onion, capsicums and celery. Cook stirring occasionally until onion tender. Stir in curry and Soy sauce. Add cup water and tomatoes. Cover and simmer 20 to 30 minutes. Blend in the thickening flour mixed with little water. Stir in shelled prawns (or scallops). (If using scallops, previously fry in little butter until cooked.) Arrange drained boiled Rice on serving plate together with curried prawn mixture as shown on Front Cover and decorate with few prawns.

## RICE FRUIT FLAN

Illustrated Centre on Cover: **Nine-inch Flan case may be made of Meringue or your favourite short crust.**

***Fruit Rice Filling:*** *3 cups boiled rice; 3 bananas; 1 cup diced pineapple, paw-paw or tinned peaches; $\frac{1}{2}$ cup evaporated milk; 2 level tablespoons sugar.*

Boil 1 cup Rice to make the 3 cups of salted boiled Rice. Drain and chill. Then add the chilled whipped $\frac{1}{2}$ cup of evaporated milk with the sugar, folding lightly into Rice. Then fold in lightly the prepared fruit and serve as a separate dessert or in meringue or short crust flan. If making meringue, allow 2 ounces sugar to each egg white. Whip egg white until very stiff, adding sugar very gradually. Pile into ring shape on buttered greaseproof paper. Bake in very slow oven approx. 1 hour to set but not colour.



## LAZY JANE RICE DESSERT

**A healthy, delightfully decorative sweet for the children's parties! Easily made milk Rice Mould to be served with chocolate, caramel sauce, jams, stewed or tinned fruits, raisins, sultanas, nuts, sweets, etc.**

***For Rice Mould:*** *4 cups milk; 1 cup uncooked Rice; $\frac{3}{4}$ cup sugar; 2 level dessertspoons coconut; 1 teaspoon vanilla.*

Put uncooked Rice and milk in a 2-quart saucepan. Place over medium heat. When bubbles appear around the edge, stir well. Then turn heat low as possible. Cover with lid and leave on very low heat 45 minutes or until the milk all absorbed by the Rice. Stir several times during the cooking. When cooked add the sugar, vanilla and coconut and mix well. While still hot press the cooked Rice very firmly into well buttered jelly mould. Chill in refrigerator. To unmould dip mould quickly in and out hot water and then turn out. Quantity makes 1 large mould or 6 small individual moulds. Serve as illustrated above.

**Note:** To make the creamed rice extra creamy, add $\frac{1}{2}$ cup whipped chilled evaporated milk just before serving, **but** do not attempt to put in mould. When the whipped evaporated milk is added, the creamed rice must be served in open bowl with the sauces and fruit, etc.

## AMERICAN HAM SALAD

***Illustrated Lower Right on Cover:*** *2¼ cups hot boiled Rice; 1 cup cooked ham cut in strips; 1 cup Swiss cheese cut in thin strips; 1 cup cooked green peas; ½ cup mayonnaise; ¼ cup chopped pickles; 3 ripe tomatoes cut in wedges; crisp lettuce leaves.*

Boil ¾ cup Rice to make the 2¼ cups salted boiled rice. Drain and while rice still hot mix it with the mayonnaise, pickles, Swiss cheese and ham strips. By mixing this salad with hot rice the flavours blend through the rice. Now add the cooked or tinned peas. Cover and chill about 1 hour and then serve with crisp lettuce and wedges of ripe tomatoes.

## SWISS RICE CHEESE PUFFS

*2¼ cups boiled Rice; 1 cup grated sharp cheese; ¼ cup milk; 2 eggs (separated); 2 level tablespoons self-raising flour; ½ level teaspoon salt; little pepper; plain oil or fat for frying.*

Boil ¾ cup rice to make the 2½ cups salted, drained rice. Heat together the drained rice, cheese and milk until the cheese melts. Add egg yolks, flour, salt and pepper. This makes a very stiff mixture. Beat the egg whites until stiff. Stir into the rice mixture. Drop tablespoons of the mixture into hot, deep fat. Fry on all sides until deep brown. Makes approx. 15 puffs about 1¾ inches in diameter. Delicious served with parsley and ham chopped into white sauce.

## OLYMPIC CURRY

*4 cups boiled Rice; 1 lb. beef steak (raw preferred); 1 small onion; 12 dried apricots; 1 cooking apple; 1 large potato; ½ level tablespoon flour; 1 level teaspoon cinnamon; ½ level teaspoon salt; 1 level teaspoon mixed spice; 1 cup tinned peas; tinned pea juice made up with stock or water to 1 pint liquid; 1 level tablespoon curry powder; 1 level tablespoon dripping.*

Melt dripping in saucepan, add chopped onion, apple, potato, apricots. Fry few minutes. Then add flour, cinnamon, curry powder, salt and spice. Fry until brown and pour in stock and tinned peas. Add meat cut in small strips. Stir until ingredients thicken. Cover saucepan and simmer very low 1¼ hours. Serve with boiled rice. For 4 cups boiled rice boil 1⅓ cups raw rice.

## VIENNA PEACH RICE BAKE

Delicious Winter Baked Rice Dessert with a really different kind of Topping! Mix together 3 cups boiled salted drained rice, 1 cup milk, 2 beaten eggs, ½ cup sugar and 1 level dessertspoon cinnamon. Pour into a greased oven dish. Arrange 1½ cups peach slices over the rice. With a fork, mix together 4 level tablespoons sugar, 6 ozs. soft butter or margarine, 1 level teaspoon cinnamon and 6 rounded tablespoons plain flour. Cover the peaches with this flour-sugar mixture. Bake in a moderate oven until the rice absorbs most of liquid (approx. ½ hour).

**THE RICE MARKETING BOARD**
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## CHINESE STYLE RICE

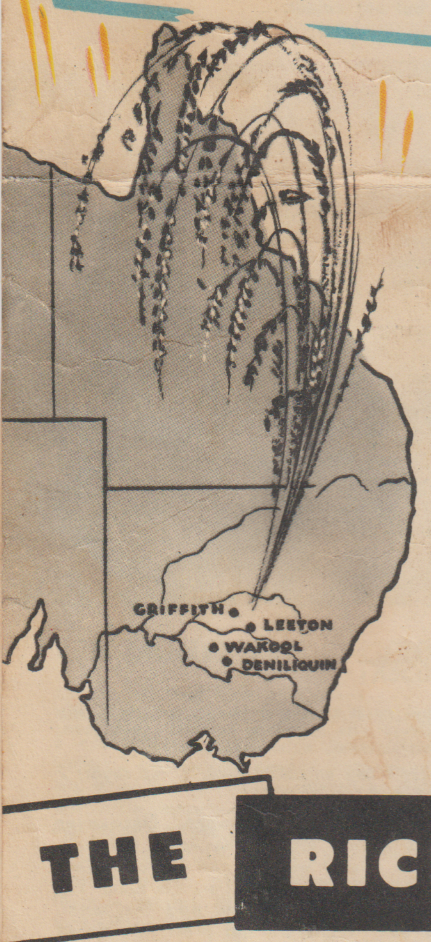
*1 cup UNCOOKED Rice; 1 cup chopped celery; ¼ cup chopped parsley; 1 clove of garlic; 1 level teaspoon salt; pinch cayenne pepper; 2¼ cups cold water.*

In this particular dish, as the savoury ingredients are cooked direct with the raw rice, it is advisable to rinse the raw rice in order to remove any surplus starch. To the rinsed, uncooked rice add all other ingredients. Place lid on saucepan, bring quickly to boil, then turn heat very low and simmer 20 minutes until the moisture is nearly all absorbed. Serve garnished, parsley and sliced tomatoes.

## VERY SIMPLE FRIED RICE

*3 cups boiled Rice; 1¼ ozs. butter; 1 level tablespoon finely chopped onion; 1 level tablespoon finely chopped green capsicum.*

Melt butter, add onion and capsicum and fry lightly. Add drained, salted, boiled rice and mix with fork, cooking over brisk heat 8 to 10 minutes. (All boiled rice for frying should be first left to cool and be dry as possible for perfect frying.)



# Australian-grown

## WHOLESOME, HYGIENIC RICE

From the moment the pure seed is sown in Australia's sun-drenched rice fields, Australian-grown rice is produced by the most modern methods known to agricultural science. It is harvested, milled, graded and packed by machine, resulting in the large, wholesome grains you cook in your kitchen. Constant vigilance of the Rice Marketing Board, working closely with the N.S.W. Department of Agriculture in testing and grading the crops, ensures that the great Australian rice bowl (in the rich irrigation areas centring on Griffith, Leeton, Wakool and Deniliquin) yields only wholesome, hygienic rice of utmost freshness for home consumption and export.

# THE RICE MARKETING BOARD

The **Susan Lee Whyte** Modern Cookery Service is unique in the advantages it offers Australian women. A panel of cookery experts, each a specialist in the art of creating exciting new dishes in one particular field—be it meat, savouries, salads or sweets—is co-ordinated by **Susan Lee Whyte** to bring you only the best proved and taste-tested recipes.

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